

Green Bean Delight

Makes: 6 Servings

Canned vegetables are a great addition to any meal, so keep them on hand. Select those labeled as “reduced sodium,” “low sodium,” or “no salt added.”

Ingredients

- 1 cup** onion (chopped)
- 1 teaspoon** garlic (finely chopped)
- 1 can** low-sodium green beans (drained, about 15 ounces)
- nonstick cooking spray

Directions

1. Spray a skillet with nonstick cooking spray.
2. Cook onion and garlic until tender.
3. Add green beans and heat thoroughly.

Source: Recipe adapted from SNAP-ED Connection Recipe Finder

Nutrition Information

Nutrients	Amount
Calories	30
Total Fat	N/A
Saturated Fat	N/A
Cholesterol	N/A
Sodium	75 mg
Total Carbohydrate	6 g
Dietary Fiber	2 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	31 mg
Iron	1 mg
Potassium	N/A
N/A - data is not available	